

THE LATTER-DAY SAINTS'
MILLENNIAL STAR

ESTABLISHED IN 1840

"Be able to do things; be industrious, useful, a busy bee in the hive of the world. The Lord says there is no room in Zion for idlers."—*"Spirit of the Hive."*

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BEE-HIVE AN INTEGRAL PART OF THE Y. L. M. I. A.

PRESIDENT JAMES H. DOUGLAS, OF THE BRITISH MISSION

HISTORY has often repeated itself, and when advantages and opportunities have been given to women, these advantages have been, as a rule, the result of long-continued and strenuous efforts on the part of women themselves. It does not often happen that men in any community take the initiative and offer women superior opportunities. When such a thing is done in any land it is looked upon as evidence of a high degree of intellectual and moral development. This very thing, however, has been done throughout the history of the Church of Jesus Christ of Latter-day Saints. Broad-minded and prophetic men of God have taken the initiative for women's progress.

It was on the 28th of November in the year 1869 that Brigham Young, president of the Church at that time, with headquarters in Salt Lake City, called together his daughters and organized the Retrenchment Association, which a few years later became known as the Young Ladies' Mutual Improvement Association. The words of the Prophet on that occasion clearly state the purpose for which this association was formed :

I have long had it in my mind to organize the young ladies of Zion into an association so that they might assist the older members of the Church, their fathers and mothers, in propagating, teaching and practising the principles I have been so long teaching. There is need for the young daughters of Israel to get a living testimony of the truth. Young men obtain this while on missions, but this way is not open to the girls. More testimonies are obtained on the feet than on the knees. I wish our girls to obtain a knowledge of the Gospel for themselves.

Carrying forward these purposes and ideals, the Y. L. M. I. A. throughout the years has developed various departments and activities which now care for the special needs of each age of girlhood and womanhood. One of the greatest aids to its goal came in 1915, when the Bee-Hive Girls' Department was formed.

Since that year Bee-Hive work has been marked by steady growth. That the members of the General Board who were responsible for its inception, received divine inspiration in their work, that they had a clear vision of the possibilities in the movement, and that they put faithful and intelligent effort into its development, no one who has come fully to appreciate its beauty and comprehensiveness will deny.



BEE-HIVE BOARD OF BRITISH MISSION

ILEEN ANN WASPE, President

C. VIOLET CLAYTON
1st Counsellor

MADLINE HILL
2nd Counsellor

EUDORA WIDTSON, Secretary

Throughout Great Britain the Y. L. M. I. A. organizations are being perfected for the advancement of the ideal for which they stand. The great purpose of the Y. L. M. I. A. is self-development, and for that reason the women of this country should take the responsibility of supervising and promoting all of the study and activity pertaining to their own organization. To that end the British Mission Y. L. M. I. A. Presidency has been formed, and its members are cheerfully and efficiently doing their part in this great cause. Their responsibility covers the supervision

of study courses and activities for the young girls by means of Bee-Hive work, for the more mature girls by the Gleaner work, and in conjunction with the Y. M. M. I. A., conjointly study classes and activity programmes.

Due to the amount of work entailed in these various departments, other Board members will be added as time goes on. They will have direct responsibility for the special departments.

The Mission President is at this time pleased to announce that a Mission Bee-Keeper has been selected, namely, Sister Catherine L. M. Horner, who is well qualified to direct and assist in all fields of the Bee-Hive work. Sister Horner is a graduate Bee-Hive girl, has been a District Bee-Keeper and knows of the beauties to be found in its many fields. She stands ready to serve you, and will be glad to hear of the problems and successes which attend each branch.



CATHERINE L. M. HORNER
Mission Bee-Keeper

Wherever possible, it is hoped that the Young Ladies organization will be perfected, and as a part of that organization a Bee-Hive swarm will be formed in each branch. Then, as a united whole, Y. L. M. I. A. officers and teachers will work together to further every phase of their programme. May the vision of our Prophet leader, Brigham Young, be realized in these isles of the sea, and bring forth as rich a harvest as it has done in every nation where the saints have been sufficient in numbers to carry forward organization work.

BEE-HIVE IN THE MISSION

ILEEN A. WASPE

THAT the parents of girls in this mission may more fully understand the purpose of Bee-Hive work, and the officers in each branch and district organizations realize the opportunity it affords to develop the girls of our Church and perhaps interest many others, this special Bee-Hive edition has been prepared. The articles given herein are typical of the many phases of activity which this great work provides.

BRIEF OUTLINE OF THE PLAN

For many years the General Board of the Young Ladies Mutual Improvement Association, while appreciating the value of mind-training in the development of capable womanhood, understood

also the great necessity for training and occupying the hands and hearts of its members. To this end they studied various movements that were initiated for girls, and finally, through the inspiration of God, was born the Bee-Hive work for the young daughters of our Church. It is the sister organization to the Boy Scouts, and is fundamentally kindred to the Girl Guides of England.

To Maurice Maeterlinck the Bee-Hive girls will forever be indebted. His *Life of the Bee* came as a rare inspiration, supplying the symbolism on which the plan of the organization is based, and colouring and enriching every phase of the work. The author gives in his treatise a beautiful account of the life purpose of the bee, and an intricate study of the "spirit of the hive," which is the unseen governing power of each colony.

The aim of the Bee-Hive girl is to go into the fields of experience and gather her store of honey for the future. Seven fields are provided: Religion, Home, Health, Art, Out-of-doors, Business and Public Service. In these fields there are hundreds of cells to be filled, or tasks to be completed. As each cell is filled, a seal is awarded, which merely typifies the sealing up of that knowledge for the girl's future use. As a girl completes the specified requirements, she advances from the rank of Builder in the Hive to that of Gatherer of Honey, and finally becomes a Keeper of the Bees. In addition to these three ranks she may earn extra awards called Bee-Lines and Merit Badges, and the highest honour to be conferred is Queen Bee with Honours. But above all awards bestowed by man, the Bee-Hive girl will receive a richer and more abundant life, and be better qualified to serve her fellowmen and her God.

THE NEW HANDBOOK

Bee-Hive work is adaptable to every nation of the world. In its beginning, it was so wisely formulated that it marks a path of continuous progression for girlhood the world around. It is true, however, that customs and conditions vary and the requirements and tendencies of girls in one country differ from those in another. The need of a handbook especially adapted for the use of girls in the European Mission has been felt for many years, and Sister Leah D. Widtsoe accepted the responsibility of preparing such an edition. Because of the amount of work involved in this undertaking, and because of her many other responsibilities, it has not reached the girls as soon as she had hoped, but it is now being printed and will be ready for distribution soon after May 1st.

As a "mother" she has prepared for her thousands of girls in these European Missions a Bee-Hive programme as nearly complete and perfect as she could possibly formulate out of her life, rich in experience and service. Neither time nor effort has been spared in its preparation, and to her Bee-Hive girls she gives this

First European Edition with the hope and prayer "that it may impart new enthusiasm, and that Bee-Hive work may continue to grow as a motive power in their lives and each year fill more perfectly the needs of girlhood, that they may acquire healthy bodies, clear minds and a soul-satisfying spiritual philosophy of life."

The only reward for unselfish service is to know that through one's efforts the world has been made brighter, a happier dwelling-place for the children of God. The Bee-Hive girls of Great Britain now and throughout the years to come will prove through their work, that their lives and their homes are richer in joy because of the efforts of their European Mission Mother, and thousands shall literally call her "blessed."

CYCLE OF LIFE ACCORDING TO THE GOSPEL

ROSETTA W. BENNETT AND CLARISSA A. BEESLEY

How beautiful is girlhood! There is nothing in all the world more charming than a young girl, dreaming at the door of life, radiant with possibilities, with an eternity behind her and an eternity before her, for in truth she has a never-ending existence.

In the aeons of the past her spirit dwelt with her Heavenly Father and her Heavenly Mother, in a home of wondrous beauty and peace and harmony. She and her brothers and sisters were the children of God, created by Him and destined after many and varied experiences to become like Him. This was her first estate; but it was not intended that this condition should continue always, for it lacked some of the vital elements of progress. Contrast and comparison are essential to appreciation; without the evil, one cannot fully value the good; without knowing pain, one cannot enjoy complete happiness. It was necessary that she receive a physical body and that she attain the greater growth and development which mortality alone can give.

A glorious plan had been formed by which her spirit and the countless others who were with her should be privileged to enter a new existence. An earth was prepared—an earth clothed in verdure, with marvellous beauties of sea and sky, mountain and valley—an earth filled with the manifold creation of a Divine Workman. This was to be the abode of the children of God for a brief period, while they should be tested as to their true worth.

One by one the spirits left their heavenly home. As in the first estate there had been a Heavenly Father and Mother, so an earthly father and mother began the work of bringing to this sphere the spirits from their former home.

How marvellous is the miracle of birth! With what exquisite care the mortal body is prepared for the beautiful immortal spirit! Deep in a little room under the mother's heart the tiny embryo is

placed. There it lives and grows, secure from every harmful thing, nourished and cherished in inexpressible mother love until it is fully prepared, a fit temple for the spirit that is to occupy it. And then it comes forth into this great wonderful world a living soul. Surely every father and mother sings with the angels, "Unto us a child is born," their joy so great it cannot be spoken. And why such joy! A soul brought one step farther on the road of eternal progression!

Thus her second or earth estate. As a helpless babe she puts on the cloak of mortality, which shut her former experience from her sight and memory; she had no recollection of her wonderful heavenly home, her parents, brothers, sisters and friends. If she could have remembered them, how could she prove herself? And she was sent here for that purpose. Her Heavenly Parents had faith in her and she must have faith in Them and walk by faith through this mortal life. The Father had promised her a guardian angel and the gift of His Holy Spirit, to whisper to her of Him and to direct her path. A plan of salvation had been instituted by a loving Saviour which, if followed, would increase her intelligence and power, keep her safe from the snares of the tempter and finally bring her again to the Divine presence.

So, through the second period of her existence each girl travels. Her way may be often clouded, there may be hard places to climb, but it is ever brightened by her trust in her Father above and the hope of her great future. She is absent from Home, but she knows that One is ready always to answer when she calls. Step by step she receives the Gospel plan, yielding willing obedience to its requirements. Joy comes to her through work, through her eager search for knowledge, through the loving service she renders, and through the glory and honour of her girlhood and womanhood.

One day there will come to her the call to leave this temporary, earthly habitation and to return to the beloved "home circle." For a time her body will rest in mother earth, while her spirit sojourns in the spirit world, still working, still progressing. Then the two will be reunited; enlarged in knowledge and understanding through experience, she will come forth, redeemed and glorified and made immortal through the power of the resurrection. Thus she will enter her third estate to dwell forever in the company of the righteous, to realize an eternal existence of progression and endless joy.

What is the obligation of every girl for this priceless gift of immortal life? She is the link between the past and the future. Within her lies the power to assist in bringing to pass the glorious purposes of the Lord for His children. All other aims in life should be subordinate to this—the preparation of her body and spirit for their paramount duty. Her Father has entrusted to her the greatest of all gifts, the possibility of motherhood, the

power to bequeath again to other immortal spirits mortal bodies, that they in turn may climb the heights of eternal progression into the presence of their Heavenly Parents.—(Guide 21 for Builders.)

PRIESTHOOD AS IT AFFECTS WOMEN

THERE is nothing more essential to the girlhood of to-day than a proper conception of the Priesthood of God as existing upon the earth, and an understanding of her relation and responsibility thereto. As part of a wonderful self-development programme Bee-Hive girls give consideration to this subject.

“Priesthood is delegated authority to act for God. All men in the Church of Jesus Christ of Latter-day Saints receive the Priesthood if they are worthy. There are 137,540 men holding it in the Church to-day, of whom 68,000 are youths of the lesser Priesthood. The Aaronic or lesser Priesthood is first conferred upon them; this includes power to officiate in temporal activities. As they increase in wisdom and understanding, greater advancement is given them, and, if faithful, the higher Priesthood called after Melchizedek is conferred upon them. The latter gives the right to officiate in all the spiritual offices of the Church.

“Women do not hold the Priesthood, but they do share equally in its blessings and gifts bestowed in temple courts, in civic, social and domestic life. ‘The man is not without the woman in the Lord, nor the woman without the man.’ So said Paul, and so taught Joseph Smith.

“Office and Priesthood carry heavy responsibilities requiring constant labour and time. No woman could safely carry the triple burden of wifehood and motherhood, and at the same time function in priestly orders. Yet her creative home labour ranks side by side, in earthly and heavenly importance, with her husband's Priesthood responsibilities. His is in the market place—hers at the hearthstone. He is the leader and she follows, not because she must, but because she *wills*. She is as happy in her sphere as he is in his. That he would bungle and spoil home life if he sought to enter woman's sphere is as sure as it is that she would emasculate his affairs if, or when, she attempts to prove her equality by crowding man out of his place. Exceptions to both rules there are and may be. Exceptions prove nothing. Man can do women's work, women can do men's work. What then? Does it pay? Will individuals or the race be any better off?

“Whenever this order of living has been reversed in individuals or in national life, the loss to women and to society is far more tragic than the loss to man himself. Moreover, in the Church, men can and do share faithfully the burdens of home life when

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THURSDAY, APRIL 20, 1933

EDITORIAL

GOD SPEED THE BEE-HIVE WORK

It is a privilege for the *Millennial Star* to devote this issue to the Bee-Hive Girls and their activities. Bee-Hive work is perhaps the finest known device for the rational guidance and joyful development of young womanhood, supplementing the teachings of school and home. Bee-Hive work is heaven inspired.

Young sisters! and older ones! Do you want to grow and improve in the favour of others, and become successful women, acceptable to the Lord? Then, let the Bee-Hive work help you! Persist, until the Bee-Hive course has been finished, thoroughly. The benefits will be life-long.

Now, let every woman in the European Missions complete the Bee-Hive programme, and taste the inspired thrill felt by the members of the General Board of the Young Ladies' Mutual Improvement Association who conceived the work and set it in motion.

God speed the Bee-Hive Girls!—W.

TO OUR GIRLS

ALL the girls of the British Mission are urged to undertake the soul-filling, life-enriching activity known as Bee-Hive work. No matter what their age, if they will go through with the course, they will enjoy it and will feel the opportunities of youth renewed. The girls who in the past have shown the pluck to stay with the work and graduate, are heartily congratulated for their determination. The growth in this accomplishment has been their greatest reward.

Those young women of the mission who have begun the work but let it slide for any reason whatsoever are especially urged to pick it up again and *see it through*. This for their own satisfaction as well as for the upbuilding of their character. From this group and those already graduated will be chosen the Bee-Keepers of the future, to guide and direct the younger girls who are just budding into womanhood. The joy of the work will be equal to the effort put forth. All are requested to endeavour with might to try to help form new swarms of any and all girls who are interested in progress, whether or not they are members of the Church. This is the duty and privilege of all those who have had Bee-Hive experience.

The younger girls of the mission—from fourteen years and up—

are the ones for whom Bee-Hive work has been especially designed. If they will undertake it with vigour and regularity, they will feel themselves grow, and will experience a richness of life that has never been sensed before. The Bee-Hive programme of happy, joyous activity comes as a direct gift of God, for the greater growth and development of girlhood as a preparation for maturity. The splendid women who devised and built it around the ideals of industry, intelligence and reliance upon a Higher Power were truly inspired to make possible this uplifting work for the special benefit of the girls of to-day. It is theirs for the taking. Each girl is asked to accept it and become enrolled as a unit in this mighty army of happy girls, who are preparing to take their part in making the world a better, safer, saner place in which to live.

The new Bee-Hive Handbook is to be a Guide for use and progress; you will find it simple, direct and logical in its sequence. It has been prepared with love and prayers for the advancement of girlhood in the missions, and is offered with faith in the future progress of our girls.

This issue of the *Star* will be bound with the new Handbook, and is to be used for reference.—LEAH D. WIDTSOE.

PRIESTHOOD AS IT AFFECTS WOMEN

(Concluded from page 263)

necessary, and women happily enter the market place of public activity whenever or wherever she desires, or has any special gift therefor. But 'Mormon' women generally choose home life as their major occupation, making public activities incidental.

"The people of this Church could never be 'priestridden,' because every man holds a certain portion of that sacred authority to 'act for God on earth.' This is a kingdom of priests, such as Moses dreamed of establishing when he came down from the Mount with the tablets of stone, only to find Israel worshipping false gods.

"The Priesthood holds the power to officiate in the ordinances of the Gospel, but functioning in priestly offices does not affect its power or increase its resultant divine status. The humblest man or woman who has received blessings in the Temples may and will, if faithful, achieve the same glory and exaltation accorded to the presiding high priest. Glory is intelligence self-controlled—as taught by the Prophet Joseph Smith." (Taken from *Women of the Mormon Church*, by Susa Young Gates.)

Girls should use their mighty influence to help a father, brother or sweetheart to attend Priesthood meetings, to honour his calling and to magnify his great responsibility. Women and girls share the blessings of the Priesthood and should delight to honour all those who hold this God-given power.—(Guide 21 for Keepers.)

NATURE'S PHENOMENA

NATURE'S message to every inhabitant on the earth is that God lives, that He is Master over everything in the heavens above and in the earth beneath, and that He alone holds the power to give life, and when its purpose is fulfilled, to take that which He has given. No man or woman has ever written in textbook, or dramatized on stage, or painted on canvas, the beautiful stories of truth that we can all read and learn through an observation of nature's ever-changing displays in the great out-of-doors. Let us all live closer to our Creator by living closer to that which He has created.

Trees: To know the trees of your neighbourhood is great fun and is not difficult. Which is the earliest tree to leaf, to bloom? Watch the change in the general landscape when the trees are green again. Watch the coming of the leaves, the tender green buds. Watch the rain falling on the spring green—then the sunlight on the glistening leaves. Note the smell of the fresh foliage. Look often at your familiar trees as their leaves come to full destiny of growth, watch particularly for the beautiful and shapely trees. Identify the trees by their leaves. Soon autumn will come, again changing the entire landscape. Note the browns and reds. Which trees turn red? Through a careful observation the tree will become to you a mighty symbol of strength, beauty and service.

Plants and Flowers: Plants are the food-makers—changing rocks into food for animal and man. The cells of green leaves and stems carry on the most important chemical process in the world—that which makes possible human life. Plants furnish fibers for clothing, wood for building, medicine, oils, gums, rubber and other useful products. But plants are more than food and materials—they are wondrous friends—to meet and know. It is by flowers that plants are classified, and it is they that give us the beautiful harmony in nature. A little study will enable any one to learn the characteristics of a few of the largest families of plants, and to be able to have that much acquaintance with the majority of plants seen wherever we may be. When did the first violet, buttercup, primrose, crocus, snowdrop bloom? In what order do the other flowers follow? Identify the seeds of the flowers you plant, watch the first leaves and identify the plant as it comes up. Note the colours most dominant in the earliest flowers; are they gay? Note how well the leaves and branches and blossoms of flowers go together.

Birds: Of all the wild kindred there is little doubt that the birds have most completely won their way into the mind and affections of man. The farmer, as he goes about his daily task, is cheered by the presence of familiar birds. The traveller in equatorial regions meets them in the steaming depths of tropical forests. On the far-flung lonely islands of the sea they are to be

found. The tired city-dweller, even, has them within easy reach as he visits the parks, or as perchance they condescend to come to his backyard for food and water, and there are indeed few of us who may not attract them about our homes by the exercise of a little friendliness and forethought. When did you see the first robin? The first bluebird? Keep track of each new arrival. Look for the wild geese flying north. Your bird boxes should be up early, then you can watch them build their nests. Listen to their songs and learn to identify them. Then watch them leave in the autumn.

Insects: There is an advantage in the study of insects over most other branches of nature, excepting perhaps plants, in that there is plenty of material. You may have to tramp miles to see a certain bird or wild animal, but if you will sit down on the first patch of grass you are sure to see something going on in the insect world. Watch for the first bees, butterflies, moths. Watch for the harmful insects and destroy them—flies, mosquitoes, cut-worms and slugs. The New Health Society of London has a booklet, "Swat the Fly." Why not send for it and join in a campaign to exterminate flies?

The Sky: All too seldom do we mortals look up. There is beauty in the heavens whether it be day or night. Watch the coming and passing of the spring showers. How quickly the clouds come and go, what varying shapes and shades they form. Sunrise and sunset, if we will but pause and give a moment's thought to them, they will become symbols of God's great gifts to man, the day for work and the night for rest. Read about the position of the stars, then go to a hilltop and find them in the heavens. Every girl should know the North Star which for ages has been a sign-post in the sky, guiding wanderers by both sea and land. You can never be lost if you know this star, for it holds its place unchanging. Have you watched a rainbow, noting the perfect blending of colours.

Animals: What a large membership this family has. How many different kinds of animals do you know? Besides the domestic animals can you identify some of the wild ones. In this family we find that not only are there many distinct types but that each individual animal has its own personality. Notice the dogs, cats, horses, rabbits, etc. Do you often find two exactly alike, with the same facial expressions? Squirrels, chipmunks—learn something of their habits. To penetrate the mystery of the lives of the animal kingdom, to learn something of their well-guarded secrets, is a privilege which is ours just by interested observation.

Day by day this great universe will indeed become "our home" because we will see all that is in it, and seeing, with eyes really open, we will learn to hear the message it is ever sending out to us.—(Guide 23 for Keepers.)

COMMON EMERGENCIES

INASMUCH as the great purpose of Bee-Hive work is to better prepare girlhood for life's varied experiences, she must give consideration to all of the various phases of responsibility which lie within the wide scope of daily life. To be able to intelligently care for the minor ailments and injuries which may be part of every day's experience is every girl's duty. The following simple treatments should be known :

(a) *Headaches* : If headaches are chronic, they are usually caused by incorrect diet, constipation or some sort of eye-strain. An examination by a doctor and an oculist will reveal the condition, and suggest remedies. An ordinary nervous or sick headache can be relieved after rest and quiet fasting, a bowel movement, cold compresses at the head and hot at the feet. Powders and tablets should be taken only at the doctor's direction, for they are often very harmful.

(b) *Earache* : Apply hot cloths or a covered flat-iron to the ear. Bags of heated salt sometimes give relief, and many find ease after holding a heated cup or glass, in which there is a cloth ring out of very hot water, against the paining ear. Drops introduced into the ear canal should be only under the direction of a doctor.

(c) *Foreign Bodies in Eye, Ear and Nose.*

(1) *Eye.* If a foreign object is under the lower lid, draw the lid down by the lashes, direct the patient to turn the eyeball toward the nose, and the troublesome bit can be removed with a corner of a soft, clean cloth or handkerchief. If it is under the upper lid, turn the lid up over a thin pencil or knitting needle and treat in the same manner, directing the patient to look down instead of up. Wipe the eye toward the nose. If the particle is imbedded in the eyeball, call a surgeon at once, making no attempt to remove it until he comes.

(2) *Ear* : Unless the object is something which swells with moisture, syringe gently with warm water, taking care not to close the opening with the nozzle of the syringe. A few drops of sweet oil will sometimes loosen an object which has failed to dislodge. If such foreign particles do not come out easily leave them alone until a doctor arrives, as poking and probing are likely to cause permanent injury.

(3) *Nosebleed* : As a rule this is not a serious emergency, and can be stopped by the application of cold packs at the back of the neck and on the forehead. The patient should stand or sit erect. Sometimes syringing the nose with ice cold salt water will stop the flow. Do not "blow" the nose while it is bleeding, as there must be some coagulation before the bleeding stops, and blowing the nose prevents this. If the bleeding becomes serious and will not respond to simple measures, a doctor should be called.

(d) *Choking* : In case of choking, a blow upon the back, a brisk

shaking, or a succession of blows between the shoulders is usually effective. A swallow of water is often helpful.

(e) *Cramp*: This is a name given to pain in the intestines, caused by gas, constipation, or some other condition. Apply heat, with hot water bottle or hot cloths, change often, sip hot peppermint or ginger tea, or simply hot water, and bathe the feet in hot water to which salt or mustard has been added. After this, lie down, warmly covered, with hot water bottle at feet and abdomen.

(f) *Fainting*: It is due to lack of blood in the brain, therefore put the head lower than the body and let gravity bring the blood to the head. Loosen the clothing about the neck, chest and waist. Give plenty of fresh air. Rub the arms and legs toward the body. Stimulate by sprinkling a few drops of cold water over the face or by using smelling salts. Caution: Be sure the patient is not bleeding and has not fainted from the loss of blood. If the patient has just been injured he is probably suffering from shock. Electric shock, sunstroke, heat exhaustion, and freezing may stimulate fainting. Be sure of the condition before giving treatment. If serious, send for a doctor.

(g) *Scalds and burns*: The dangers are: first, shock and later infection. Pain is due to the nerve ends becoming exposed to the air. It is also due to the formation of irritant acids in the burning of the skin. To stop the pain, exclude the air and neutralize these acids. Oil, vaseline, carron oil, lard, or sweet butter will exclude the air. Baking soda will neutralize the acids. Therefore, the best treatment is to make a paste of a clean oil of some kind and baking soda. Spread on a clean cloth and apply to the burn. In dressing always bandage separately two raw surfaces, such as fingers or toes, or they will grow together. Use only sterilized dressings, since the skin is destroyed and thus will permit the entrance of germs into the system. Do not tear away clothing that may be burned to the body. It forms a sterilized dressing. Let the doctor attend to that.

(h) *Bruises*: It is a condition in which the tissues beneath the skin are torn, but the skin remains intact. If severe, try to limit the bleeding beneath the skin immediately, by applying ice. Very cold or very hot water, or half alcohol and half water, arnica, or witchhazel are good. These tend to contract the vessels, thus limiting the hemorrhage and swelling and relieving the pain. Elevate the part and keep it at rest. An ordinary bruise is not serious, but be sure there are no bones broken.

(i) *A sprain* is a partial tearing, twisting or wrenching of the ligaments of a joint, not sufficient to allow the two bones to get out of place. The ligaments are soft, tough, pliable structures, that hold the ends of two bones together. Pain is severe and immediate. It is made worse by movement. Swelling rapidly ensues. There may be much discoloration, the swollen part getting

black and blue. Treatment consists in absolute rest. Elevate the part on a pillow; allow no use of the joint; cold packs will usually give some relief. If necessary to transport the patient, wrap the joint in cotton or other soft material and put on a snug, but not tight bandage. Carry in a sling or apply splints while being moved.

(j) *Cautions for Swimming*: Many water accidents could be avoided if proper precautions were taken. The following "don'ts" should be strictly adhered to:

Don't bathe in secluded spots, for should an accident occur no help may be available.

Don't bathe after a hearty meal or when exhausted after vigorous exercise. The best time is about two hours after a meal, when the food taken will have become partly digested.

Don't stay in long if you find the water cold or if it brings about giddiness, faintness, palpitation, or any like affliction.

Don't enter the water without first plugging the ears with cotton wool containing a little vaseline or other grease, if you are addicted to earache or deafness.

Don't be flurried in action or breathing.

Don't forget to clear the throat and nostrils before entering the water. This will help you to breathe properly.

Don't lose your head if accidentally immersed. The air in one's clothes will help to buoy one up for some time.—(Guide 15 for Keepers.)

ART VALUE OF BEE-HIVE SYMBOLISM

MABEL FRAZER

SOME day the cultured people of the world are going to have the joy of learning about a new and wonderful art. And they will set it beside the Egyptian and the Greek and the Gothic and say, "How wonderful it is! How much of good, how much of real, simple beauty, how much of the joy of righteous living and the love of God it expresses." And through their study of this art many will learn of the divine philosophy which inspired it, the democracy under which its producers lived, and they will come to understand and love the Gospel of Jesus Christ and to respect His followers. For the Gospel of Jesus Christ must yet be expressed in art, as all great world philosophers have been.

This art must come as an expression of life and mind as we grow in our love and appreciation of beauty, and as we grow in ability to express it in every-day life. And we need not set foot outside our native hamlet, either, to make our contribution. For true, great art is a growth and an expression from within, never copied or filched. The Greek, the Egyptian, and the Gothic are pure art types because they express the lives and the religious

beliefs of the people who created them. Greek statues are a record in marble of the virtues and forms the Greeks attributed to their deities. Their architecture developed from an impulse to build temples and monuments to their gods, and it assumed the dignity we all admired because the marble they used lent itself to the treatment and was most beautiful.

It is from Egyptian tombs that we get the greatest wealth of Egyptian art. Their belief in a life beyond death led them to preserve their dead and to provide them with symbols of all the things they would need in the future life. The sun, the scarab, the cobra and the winged bull were all attributes of life-giving powers which they worshiped and from which they developed symbols.

The Gothic cathedral itself is constructed on the lines of the cross, and all its decorations are symbolic of some phase of early Christian worship, at a time when the masses could not do their own reading and could only understand a visual symbol.

If, then, symbolism has played so important a part in the great art development of the purest and greatest of all periods of art culture, is it to be underestimated as a factor for growth and culture in the lives of growing girls?

The Greek used head and hand to express his own life and hopes, in terms of the material provided by his native land. He gave no thought as to how any other race of people would have treated the same problem. But our modern education teaches us about every other people—how they lived, what they thought, how they solved their problems. It pays too little attention to our own present problem of living, of adjusting ourselves to our times and to our native soil, of learning to get the most of joy and interest out of the common beauty about us. It spends too little effort in training us to pour out our souls in a lasting expression in form or colour, to interpreting nature in terms of fine pattern or decoration. And so we do not have the full joy of living because we are not trained to see or express beauty. Too often we know of the expression of every other people, and must either ape or be mute. A knowledge of the art expression of other people is very desirable, but a free self-expression is far more desirable, either as an individual development or as a contribution from a group of people to the world. And that spontaneous self-expression is the sort of development which will some day be recognized by the world as a great "Mormon" art.

Bee-Hive girls have in their symbols a splendid building stone, and with their own hands they may lay a part of the foundation for the last great art development of the world, the art of "Mormonism," an art which must be as democratic as the Gospel, which must consider the common things of life, and must make more beautiful the sublime things of our faith.

Think what a big step it would be in a great art movement, if

every Bee-Hive girl gave enough intelligent thought to the principles of beauty, to select or design for herself a symbol of the virtues she desires to live by. If only all our homes could boast that much real art and individuality! What a joy to visit or to be visited in such a home. Just as soon as one begins to live with meaningful things he can no longer tolerate the meaningless, and a great weeding out of trash goes on. One who loves good, simple spaces would be unhappy in rooms papered in gaudy splotchy patterns, or with walls covered by common calendars or pictures. And a few well chosen pictures or ornaments would be found where now there is an overcrowding of uninteresting or vulgar things. Bee-Hive girls can do more to bring about this very desirable step than any other group. How? By their Bee-Hive symbols.

Let us use the pine tree as an example. Before symbolic design units could be drawn from it, one would really need to make its acquaintance. How it has developed needles instead of leaves, and in what respects they better serve its life purposes. The form and utility of its seed pod, the cone, the cross section of its wood, its peculiar gummy sap and its fresh, rank odor and healing properties, its wonderful decorative bark, the way it arranges its branches to resist wind and weather, and its roots for support in its often difficult position on cliff or hillside, are all characteristics peculiar to the pine. Surely one must respect and admire its sturdy hardihood. Any girl might draw ample inspiration from it for her own growth. What is finer than the way it sets its branches to resist the wind? Do we not all face them—blasting winds, hurricanes, teasing winds, all our days? And would it not be wonderful, like the pine, to set our branches and roots in such a way that each storm we faced left us with more strength of character and more grace and beauty of form? And so one might go on for pages abstracting from the pine or scores of other plant friends. Try for yourself and see how interesting life becomes.

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PUBLISHER: JAMES H. DOUGLAS, 43 TAVISTOCK SQUARE, LONDON, W.C. 1

EDITORS: JOHN A. WIDTSOE, 5 GORDON SQUARE, LONDON, W.C. 1

JAMES H. WALLIS, 2 DOUGHTY STREET, LONDON W.C. 1